

encounter.sa.edu.au



A year of blessings

KELVIN GRIVELL | PRINCIPAL

Although it's a little early, my last chance to wish you well for the end of the year is right here and now. We've had A Christmas Encounter, various end of year celebrations, excursions in every direction and a general enthusiasm and joy that has washed over all of us in recent days.



I know many of you would have Christmas trees, and decorations in place, elves on shelves and all sorts of catering delights prepared and on shopping lists, but I do hope you are also able to remember the true gift of Christmas in the weeks ahead. The birth of Jesus was the fulfilment of a promise and his life ultimately became an example that has inspired people for generations.

If you reflect on 2023 I'm sure you will be able to smile with aratitude about the love and care extended to you by someone. perhaps many people, within the Encounter community. Regardless of any pitfalls, mistakes or upsets along the way, I'm confident we can all look at 2023 as a year of blessings.

I truly believe that love and those blessings are inspired by the same God who gave us the Christ child in a manger. The love you have experienced has been seen in the form of a kind email, a aentle smile, an over and above effort or a relationship you have come to trust. Please know that love comes from a God who loves you, and also know that the joy and peace of Christmas comes from that same loving God.

I am grateful for the students and families of Encounter who continue to bless me in my role. I do believe I have the best job in the world and am glad I am here amongst you once again in 2024.

Bless you, your Christmas, your family celebrations and I look forward to seeing you all again in January.

> Merry Christmas!!! Kelvin

TERM 4 | WEEK 8 Friday 8 December

- Closing Shine, 2.30pm
 - Term 4 Concludes at 3.15pm
- Encounter Hoops, 4.00pm

SCHOOL HOLIDAYS | 2023

Monday 11 December

- Front Office Closed
- Wednesday 13 December
 - Front Office Closed
 - Friday 15 December
 - Early Learning Last Day

Tuesday 19 December

- Administration Last Day
- Friday 22 December
- YMCA OSHC Final Day

SCHOOL HOLIDAYS | 2024

Monday 8 January

- YMCA OSHC Reopens
- Monday 15 January
- Early Learning Reopens

Wednesday 17 January

Front Office Reopens, 9.00am

TERM 1 | WEEK 1 | 2024

Monday 29 January

■ Term 1 Commences (F-7 & 12)

Tuesday 30 January

- Years 8-11 Commence
- Opening Shine, 9.00am











DEVOTION

Peace

EMILY PALMER | MIDDLE & SENIOR SCHOOL TEACHER

At the time of writing the Southern Levant has been at war for six weeks. The region has been embroiled in conflict for millennia, with the destruction of Jerusalem by the Babylonians in 597 BC, by Rome in 70 AD, during the Crusades in the 1100s and then again during multiple conflicts in the past 70 years.

But rewinding back over two thousand years this region and more specifically the small town of Bethlehem, not far from the city of Jerusalem, was a place of hope and the coming of peace. This was the birth place of Jesus, where the saviour of the world was prophesied to be born by the prophet Micah,

"But you, Bethlehem Ephrathah, though you are small among the clans of Judah, out of you will come for me one who will be ruler over Israel, whose origins are from of old, from ancient times."

And at that time, not far from where the infant was born from a lowly mother in that small insignificant town, an angel appeared to terrified shepherds, saying:

"Don't be afraid. I'm here to announce a great and joyful event that is meant for everybody, worldwide: A Saviour has just been born in David's town, a Saviour who is Messiah and Master. This is what you're to look for:



a baby wrapped in a blanket and lying in a manger. Then at once the angel was joined by a huge angelic choir singing God's praises:

> Glory to God in the heavenly heights, Peace to all men and women on earth who please him. (Luke 2:8-14)

As we come to the season of Christmas,
Bethlehem may be caught in the current
conflicts but it symbolises the great hope we
have through the coming of Jesus and the
peace that he offers both now and will restore
eternally. Not just an earthly peace that is the
cessation of conflict, but שׁלום shalom, in
Hebrew meaning: completeness, soundness,
welfare, peace.

Emily

Front Office Closure Dates

Please note that our Front Office and Administration Offices will be closed on the following days:

- Monday 11th December
- Wednesday 13th December
- Friday 15th December
- Monday 18th December until Tuesday 16th January (reopening on Wednesday 17th January at 9.00am)

College Shop Opening Hours

The College Shop will be open for uniform sales on the following days:

January Holidays:

- Tuesday 23rd January, 9.00am 3.00pm
- Wednesday 24th January, 9.00am 3.00pm
- Thursday 25th January, 9.00am 3.00pm

For the first 2 weeks of Term 1 only:

- Opening each day Monday Friday
- Morning 8.30am 9.30am
- Afternoon 2.30pm 3.30pm





JUNIOR SCHOOL NEWS

Thanks for a great year!

TORI WEISS | HEAD OF JUNIOR SCHOOL

Can you believe the end of another school year is upon us? They say that time flies – and looking back on the year, I would have to agree.

It has been a very busy finish to another productive year in the Junior School! There was a festive air in the Junior School grounds as Year 6's held their Christmas Markets. While the majority of our Junior School students would see the event as something fun to do at lunch time, it was a bit more involved for our graduating Year 6's. They had to come up with a creative idea, write a business plan, apply for loans, calculate profit and loss, source and manufacture products and launch an advertising campaign for their stalls. They raised over \$2,000, of which will be for the purchase of a legacy item for the Junior School (watch this space) as well as support the work of Australian Lutheran World Service (ALWS).

In addition to this, we had our annual 'Christmas Encounter' which was a beautiful opportunity to share what we believe to be the true message of Christmas with our wider school community. The students enjoyed sharing their carols with such an appreciative audience. Despite not being there in person, due to fighting the flu, I appreciated a watching from home. Your children are the best!

It has been wonderful to be able to welcome over 40 new students to our school community this week, as part of our formal Transition processes. It gave our existing students time to get to know their new teachers and meet their new classmates. Transition will always be a very important part of what we do at Encounter, and is designed to give students reassurance about the coming year, so they know their teachers, where their classrooms will be and what to expect from the school day. Ideally, all children should be able to go into the holiday period feeling hopeful about what lies ahead, and excited for a new school year.

Our graduating Year 6's finished with a lovely celebration and reflection of their time in Junior School. It has been a privilege witnessing their growth over the years. While we will be sad to see them go, they are truly ready for the adventures that lie ahead and we wish them the very best as they move into Middle School.



While we are incredibly proud of all our Year 6's, the following Year 6's were especially honoured in our final College Awards Ceremony:

- Academic Excellence Award Sienna Stewart
- Academic Endeavour Award Ruby Keam & Ellie Baker
- Leadership Encouragement Award Imogen Hansford
- Mayo Community Service Award Kiara Shepherd
- Lions Spirit of Encouragement Riley Clifford



Year 6 Award Recipients

As well as farewelling our students on Friday with our Final Shine, reports will also be emailed to families during that day. Please see these as concise summaries of achievement. Details of learning can be seen in your child's Seesaw journal. Seesaw entries aim to provide a richer context for the comments and grades assigned by your child's teachers.

In closing, thanks to all our Encounter families for another great year. We have enjoyed partnering with you in your child's learning and on behalf of all staff in the Junior School, wish you and your family a very happy and blessed Christmas.

Tori





MIDDLE & SENIOR SCHOOL NEWS

Middle & Senior School Awards

PENNY MCKENZIE | HEAD OF MIDDLE & SENIOR SCHOOL

This week we recognise and celebrated the gifts and talents of our high achieving Middle & Senior School students. With our Year 10 & 11 Awards Ceremony last Friday, 1st December and at our Middle School Awards Assembly this morning, we honoured the students who have worked diligently in developing their unique gifts and talents across the curriculum. We are thrilled to offer our congratulations to the following award winners for 2023.

Year 11 Award Recipients

Biology	Lily Baxter
Mathematical Methods .	Molly Doon
Visual Art	Rosie Haines
Research Project	Zara Harrington
Music Advanced	Ty Hastings
English	Charlie Humphris
Physics	Charlie Humphris
Music Experience	Trent Leach
English Literary Studies	Skye Loxton
Child Studies	Skye Loxton
Modern History	Skye Loxton
Business Innovation	Skye Loxton
General Mathematics	Jade Manuel
Material Solutions	Ellie Pitt
Communication Solutions - P	hotography Ella Rosser
Essential Mathematics	Bella Scabissi
Physical Education	Matawi Scarvelis

Year 11 Merit Awards:

The ADF Long Tan Youth Leadership and Team-
work AwardAmy Turley
The ADF Long Tan Youth Future Innovators Award – Jordyn Tuesley Jordyn Tuesley
VET Student of the Year AwardTay Parker

Year 10 Award Recipients

Mathematical MethodsKyla Bennett
Work EducationKyla Bennett
Essential MathematicsCooper Chapman
Personal Learning PlanEli Dunkley
General MathematicsEvie French
Mathematics 10AAmelie Grivell
ScienceAmelie Grivell
Communication Solutions - PhotographyArcher O'Callahan
MusicZac Pathuis
Society and CultureIsobel Reid
Food and HospitalityIsobel Reid
Sports Science Basketball Daniel Sue
Health & Physical Education Jordyn Tuesley
English – Language and Literature Amy Turley
Material SolutionsAmy Turley
Visual ArtKarly Wood
Language Acquisition – Japanese. Wanning Yao
Sports Science GeneralEddy Yeoward



Year 11 Academic Excellence Award Recipients



■ Year 10 Academic Excellence Award Recipients



MIDDLE & SENIOR SCHOOL NEWS

Year 9 Academic Award Recipients Year 7 Academic Award Recipients

MusicJosiah Britton
MathematicsJakob Cronin
English Brodie Cross
Health & Physical Education (Boys) Brodie Cross
Visual ArtMatilda Edmonds
Communication Solutions – Photography . Grayson Ford
ScienceAlex Gager
Christian Studies (Boys)Laird Green
Digital Technology Jacob Onderstal
Sport Science GeneralGrace Rogers
Health & Physical Education (Girls) Grace Rogers
Christian Studies (Girls)Chloe Rosser
Food and HospitalityRuby Stockley
Sport Science BasketballRuby Stockley
Community ProjectRuby Stockley
HumanitiesMolly Welk
JapaneseMolly Welk

Year 8 Academic Award Recipients

Visual Art	lmogen Cannell
Food Technology	Holly Brown
Drama	Hayley Clapp
Christian Studies	Hayley Clapp
Digital Technology	Ruby Dyer
Science	Caleb Hood
English	Lily Milosevic
Health & Physical Education	Lily Milosevic
Japanese	Lily Milosevic
Music	Oliver Riggs
Wood Technology	Frankie Welk
Mathematics	Frankie Welk
Humanities	Frankie Welk

Music	Amelie Humphris
Christian Studies	Jasmine Hutchinson
Food Technology	Mae Irvine
Health & Physical Educatio	nMae Irvine
Humanities	Isabella Johnson
Mathematics	Chae-Hoon Lim
Japanese	Chae-Hoon Lim
Science	Jaime Loxton
Digital Technology	Darcy Nightingale
Drama	Alice Riggs
Wood Technology	Alice Riggs
English	Alice Riggs
Visual Art	Alice Riggs



Year 9 Academic Excellence Award Recipients



■ Year 8 Academic Excellence Award Recipients



Year 7 Academic Excellence Award Recipients



MIDDLE & SENIOR SCHOOL NEWS

Academic Endeavour Awards

Year 7

Elise Britton	Year 7
Wren Dunmall	Year 7
Ethan Hastings	Year 7
Amelie Humphris	Year 7
Mae Irvine	Year 7
Isabella Johnson	Year 7
Chae-Hoon Lim	Year 7
Jaime Loxton	Year 7
Polly Nelson	Year 7
Alice Riggs	Year 7
Kate Rogers	Year 7
Nadia Talbot-Male	Year 7
Year 8	
Hayley Clapp	Year 8
Ruby Dyer	Year 8
Macauley Grivell	Year 8
lvy Hajek	Year 8
Caleb Hood	Year 8
April McPherson	Year 8
Lily Milosevic	Year 8
Charlie Richards	Year 8
Oliver Riggs	Year 8
Claire Shuttleworth	Year 8
Frankie Welk	Year 8
Year 9	
Alex Gager	Year 9
Leila Harrington	Year 9
Locky Lestar	Year 9
Cleo Parry	Year 9
Polly Pitt	Year 9
Grace Rogers	Year 9

Year 10

Tiani-Rose Jamieson	Year	10
Mackenzie Treacy	Year	10
Kyla Bennett	Year	10
Alexis Bruce	Year	10
Archer O'Callahan	Year	10
Karly Wood	Year	10
Wanning Yao	Year	10



Years 7, 8 & 9 Academic Endeavour Award Recipients



Year 10 Academic Endeavour Award Recipients

Middle School Merit Awards

Service to the Environme	ent Award Polly Nelson
Lions Spirit of Encounter	Zoe Baker

Specialist Program Awards

Ruby Stockley	Basketball
Cleo Parry	Netball

STAFF NEWS

INTRODUCING... Leona Reid

Hi, my name is Leona Reid and I am the Executive Assistant at Encounter. The favourite part about my job is working closely behind the scenes with the Principal, Heads of School, and the amazing support team. I have the privilege of witnessing how hard everyone works and the beautiful things they do quietly with no recognition or praise to support the College, staff, families, and students.

What drew you to Encounter Lutheran College?

We had plans to relocate to the area to be closer to my family. I toured the school with my daughter, and we both loved it. When the Executive Assistant role came up, I jumped at the opportunity as I knew it would be a great place to work.

What were you doing before coming to

Encounter? Before joining Encounter, I was the Executive Assistant to the Pro Vice-Chancellor (Student Learning) at the University of Adelaide.

When you were a school student, what did you want to be when you grew up and why?

I wanted to be a psychologist, back then I didn't know why, I think I thought it sounded cool. Now that I'm older and wiser I realise that I've always had a growing interest in human behaviour and psychology. I geek out on things like neuroscience!

What are you most passionate about?

Anyone who knows me well knows I am very passionate about health and fitness. I'm always giving out unwanted health advice!!

What do you do for fun or relaxation?

Gym, sauna and cold plunging!!



What is your best childhood memory?

Making go-karts from old bread crates, rope to steer, and wheels from old roller skates. All fun and games until you are bombing down the hill with a friend on the back and the wheels come off!

Who is your Role Model? My favourite role model is Dr Joe Dispenza (Neuroscientist and New York Times Best Seller). His book "Becoming Supernatural" was life changing for me.

What are some words of wisdom you would like to pass on to current students?

"Fail forward". Failure is a big part of success. Experiencing hard times or failure is a big opportunity for growth. Success is a journey, not a destination, it's about who you become in the process!



COLLEGE NEWS

Staff Farewells

We farewell the following staff at the end of this year, and thank them for their service to our College community.

JUNIOR SCHOOL

- **Deb Jericho** Teacher: Commenced in 2006
- Lucy Cameron Teacher: Commenced in 2012

MIDDLE & SENIOR SCHOOL

- Susie Lush Teacher: Commenced in 2014
- Kalani Bates Co-Educator Trainee:
 Commenced in 2023
- Jo Eastaff Teacher: Commenced in 2012
- Penny McKenzie Head of Middle & Senior School: Commenced in 2014

2024 Staff Appointments

We're excited to announce that the following staff will be joining the Encounter team in 2024:

JUNIOR SCHOOL

- Elizabeth Ibbetson Teacher
- Maddie Trueman Teacher

MIDDLE & SENIOR SCHOOL

- Belinda Delyster Teacher
- Cassie Burrows Teacher
- Ally Miller Dancer Instructor
- Abbey Turner Teacher
- Will Weiss Co-Educator Trainee
- Emma Kraft Co-Educator
- Siobahn Connery Teacher

EARLY LEARNING

- Tarina Falanga Co-Educator
- Vanessa Harvie Director of Early Learning

ADMINISTRATION

- Kylie Pitt Library Assistant
- Tom Mason Grounds & Maintenance Officer

Intergenerational Art Competition

Congratulations to the winners, highly commended recipients and all the participants for our inaugural Intergenerational Portrait Competition. For the prize, artists were required to create a portrait of one of the residents of the Harbor Village Lutheran Homes. We were thrilled with the range of entries and hope the prize will now grow each year with opportunities for sitters and artists to really find out more about each other and their lives and experiences.

Winner of the MS/SS Category was Alana Anderson (Year 9), Highly Commended was Ebony Meeks and Lauren Watters. Winner of the JS (Years 5 and 6) Category was Kiara Shepherd with Summer Newman Highly Commended. The Staff category was won by Mrs Jen Biscoe with Highly Commended awards to John Davidson and Georgia Martin.

The work will be on show at the Harbor Village Dawson Centre until the new year before heading back to the school.





Junior School: Kiara Shepherd (winner), Summer Newman (commended)







Middle/Senior: Alana Anderson (winner), Lauren Watters and Ebony Meeks (commended)







■ **Staff:** Jen Biscoe (winner), Georgia Martin and John Davidson (commended)

COLLEGE NEWS

1 2024 Term Dates



I TERM 1

- Commences Monday 29th January 2024
 - * Foundation to Year 7 commence
- Commences Tuesday 30th January 2024
 - * Years 8-12 commence
 - * F-12 Opening Shine, 9.00am
 - * Foundation Schultüte Ceremony
- Public Holiday: Monday 11th March 2024
- Good Friday: Friday 29th March 2024
- Easter Monday: Monday 1st April 2024
- Concludes Thursday 11th April 2024
 - Parent Teacher Interviews: Friday 12th April

I TERM 2

- Commences Monday 29th April 2024
- Public Holiday: Monday 10th June 2024
- Concludes Friday 28th June 2024

TERM 3

- Commences Monday 22nd July 2024
- Concludes Friday 27th September 2024

I TERM 4

- Commences Monday 14th October 2024
- Concludes Friday 6th December 2024

College Uniform Transition Period

A reminder to all families that at the end of this year, the following Middle and Senior School uniform items will be discontinued and will not be part of the College Uniform in 2024:

- Boys Blue Shirt (has now been replaced with a new Boys White Shirt)
- Girls Blue Shirt (has now been replaced by a new <u>Girls White Shirt</u>)
- Girls Red Check Dress (has now been replaced by a <u>new Girls Dress</u>)

For further details, or to download a copy of the Uniform Guidelines, go to:

www.encounter.sa.edu.au/college.shop

Borgas Shield House Points



Congratulations to Granite House who is the winner of the Borgas Shield for 2023!

- **Granite** = 190
- **Coorong** = 172
- **Rosetta** = 148
- **Yilki** = 142







SPORT NEWS

Encounter Basketball plays at the ASC Tournament

TROY WEGENER | BASKETBALL PROGRAM COORDINATOR

1431 is the number of days between our visits to the Australian School Basketball Championships (ASC). Enough time for the event to move from Melbourne to the Gold Coast, and our teams to mostly comprise of first timers. The tournament runs over 5 days and comprises of a gruelling schedule of 7-8 fully-timed games. This year we took two U20 teams (boys and airls) to the ASC. The Girls turned some heads with their competitive fight and undersized roster. This attitude saw them make the quarterfinals of division 2, and finish in the bronze medal game. After an honourable defeat to St Margaret's Berwick Grammar the Girls finish fourth. The Boys played a tough schedule with 3 days in a row of double headers, finishing 3rd in their pool. After a close lost to Knox Grammar in the guarter final they finished in a tie for 5th with a win over a familiar foe in Cabra.

We don't normally dwell in the space of individuals, as a cohesive team is needed to be successful. However, this week saw the end of an era at the College. We had three Year 12s wear the Encounter singlet for the last time early this week, and in particular the last time we'll see a Round in one. There has been a Round in the Basketball Program nearly since its inception, with Henry, Billy, Keeley and Hallie all attending the ASC tournament at different stages over the last 7 years. It will take some getting used to next year.

We would like to extend our deepest appreciation to the work that Jamie Baxter and Oscar Eldridge have invested in the College Basketball Programs. Jamie was a part of the first Development Program squad almost 6 years ago and Oscar was a past winner of our highest individual award in basketball, Excellence in Basketball.

We felt privileged to spend quality time with them all during this last week. They have set standards for others to look up to, and will always be a significant part of the Encounter Basketball Community. Thank you Oscar, Hallie and Jamie.

Bring on 2024!













SPORT NEWS













U20 Men

Jamie Baxter
Oscar Eldridge
Matawai Scarvelis
Malakai Smith
Otis Althorp
Daniel Sue
Ryley Bastalec
Cody Drury
James Bland

U20 Women

Hallie Round
Lily Baxter
Heidi Zadow
Jade Manuel (JJ)
Tiani-Rose Jamieson
Jordyn Tuesley
Ruby Stockley
Maddie Dinh
Lily Milosevic



Encounter Hoops Classic

The 7th Annual Encounter Hoops Classic returns this evening, **Friday 8th December** from 4.00pm until 8.00pm in the Kondole which sees Staff and Old Scholars form teams and play against each other for the prestigious Hoops Classic Cup.

The Encounter Hoops Classics is a Basketball event held each year to celebrate the strong basketball history at Encounter and to welcome back some old scholars!



OUT OF SCHOOL HOURS CARE



Vacation Care | 11 Dec-26 Jan

WEEK 1

Monday

11 December

In-House

School's Out Party



Celebrate the end of school with a party!

Party games, crafts, and making party food for afternoon snack!

Outcomes: 2, 3, 4, 5

Tuesday

12 December

In-House

Christmas Decorating



Have you got your Christmas tree up yet?

Join us to decorate the OSHC space for Christmas along with creating your own Christmas decorations.

Outcomes: 1, 4, 5

Wednesday

13 December

Excursion

Strawberry Picking



Join us for strawberries and ice cream at Harvest the Fleurieu.

Depart: 9:30am Return: 1:30pm Transport: Private Bus

Outcomes: 2, 3, 4, 5

Thursday

14 December

Incursion

Bricks 4 Kids



Bricks 4 Kids is visiting OSHC with plenty of Lego! Showcase your building

Start: 10:30am Finish: 12:30pm

Outcomes: 1, 4, 5

Friday

15 December

In-House

All Things Creative

8 4



Engage in a range of different creative activities.

Jewellery, painting and creating your own unique afternoon snack!

Outcomes: 2, 4, 5

WEEK 2

Monday

18 December

In-House

Fashion Show



Join us for an OSHC Fashion Show.

Create your own fashion designs and strut your style on the runway created by you!

Outcomes: 1, 2, 3, 4, 5

Tuesday

19 December

Incursion

Exploring the World of VR



Highly requested VR.

Join us and explore the world of virtual reality.

Start: 10:00am Finish: 2:00pm

Outcomes: 1, 3, 4, 5

Wednesday

20 December

Excursion

Beach Day



Join us and walk to Dump Beach, where we explore the beach and have lunch.

Depart: 10:00am Return: 3:00pm Transport: Walking Roughly a 3km round trip

Outcomes: 2, 3, 4, 5

Thursday

21 December

In-House

Sports Day



Let's get active and have

Try your skills in a handball tournament and enjoy some summer sports and games!

Outcomes: 2, 3, 4, 5

Friday

22 December

In-House

OSHC Christmas Party



Finish off the year with a Christmas Party at OSHC!

Christmas cooking, Christmas themed crafts, games, and activities.

Outcomes: 1, 2, 3, 4, 5



Book your session via the Xplor Home App

Visit sa.ymca.org.au/OSHC for more information





COMMUNITY NEWS





Celebrate Christmas together at Victor Harbor Lutheran Church

Victor Harbor Lutheran Church 21a Adelaide Rd Victor Harbor

Christmas Eve – Sunday 24th December 7.00pm

A all age Family Christmas Nativity

Christmas Day - Monday 25th December 9.30am

Worship with Holy Communion



Pastor Nigel and the Victor Harbor Lutheran Church wish the students, families and staff of Encounter Lutheran College a blessed Christmas and a Happy New Year.

8552 5380 www.facebook.com/victorlutheran nigel.rosenzweig@lca.org.au









For an inspiring night of candles, carols and readings celebrating the Story of Christmas.



7:00pm THURSDAY 14th DECEMBER 2023

at the Newland Uniting Church

Victoria St. Victor Harbor

FREE ADMISSION at the door from 6:15pm onwards

A gift to the community by the COMBINED CHURCHES of VICTOR HARBOR An opportunity for a retiring donation to support Chaplains in local schools.

The 2023 Christmas Tree Festival will also be held in the Newland Church
Thu 14th 10am-4pm; Fri 15th 10am-8pm; Sat 16th 10am-5pm & Sun 17th 12noon-4pm
Viewing is by Donation to Fleurieu Cancer Support Foundation



Either to avoid injury in life, build a stronger core or to be more powerful in your teens chosen sport, its important that we show correct form in exercises by strengthening their muscles and increasing their flexibility and endurance EARLY in life.

The Coolwa Cym is offering 2x 1hr technique Strength Training sessions per week for 4 weeks. Supervised by a qualified Strength and Conditioning Coach and Personal Trainer to create good habits for your teenager.

BUILDING EXERCISE HABITS
EARLY IN LIFE CONTACT US

TUESDAYS & THURSDAYS
FOR 4 WEEKS

Technique while lifting heavy
 Correcting weak Activators
 Muscle Maintenance
 Nutrition Talk 'How to grow HEALTHY MUSCLE'

2-3PM

STARTING JAN 5TH \$120 PAID UP FRONT

info@thegoolwagym.com.au

Ph: 8555077 - leaving a message in unmaned hours

2023 Victor Harbor Christmas Appeal

Gift ideas

Non-perishable foods

- Breakfast cereals
- · Puddings, shortbread, cakes
- · Snacks (biscuits, chips, lollies)
- · Tinned food (ring-pull tins only)
- · Canned pasta sauces
- · Canned curry and stir-fry sauces
- Tinned baked beans, spaghetti
- Long-life milk or juices
- lced tea
- · Baby food
- Liquid gravy
- Spreads and jams
- · Tea, coffee, hot chocolate
- Tinned soups

Gift vouchers

- Visa gift cards
- · Movie gift cards
- Restaurant gift cards
- · Shopping centre gift cards

Toys and activities

- Books
- · Puzzles and board games
- Music instruments
- · Headphones, speakers
- Sporting gear netballs, footballs, soccer balls, basketballs, cricket sets

Personal accessories

- · Baseball caps, sun hats
- · Perfume, aftershave
- · Backpacks, wallets, handbags
- Beach towels
- Personal hygiene products and toiletries

Christmas items

- Bon bons
- Decorations
- Tablecloths
- Napkins

Drop-off points

City of Victor Harbor Civic Centre

1 Bay Road, Victor Harbor

Salvation Army

22 Bartel Boulevard, Victor Harbor

And many more!



Gifts will be accepted from November 2023. All gifts must be newly purchased (not used).





Is your family in need this Christmas? Scan the QR code, phone (08) 8552 7474 or visit www.salvationarmy.org.au/ victorharbor/christmas-appeal to register your details.







